

Comparisons of Job Characteristics

Focus Occupation: [Fitness Trainers and Aerobics Instructors \(39-9031\)](#)

Associated Occupation: [Athletes and Sports Competitors \(27-2021\)](#)

[Compare Knowledge](#)

[Compare Skills](#)

[Compare Abilities](#)

[Compare Detailed Work Activities](#)

[Compare Tools and Technologies](#)

<<	Focus occupation element is much lower
<	Focus occupation element is lower
0	Focus occupation element is at a similar level
>	Focus occupation element is at a higher level
>>	Focus occupation element is at a much higher level

Knowledge

Similarity of Focus Occupation to Associated Occupation: 64

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Athletes and Sports Competitors (27-2021)

Associated Occupation's Key Knowledge Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation
Psychology	6.4	8.2	10.6	> Current knowledge level is likely sufficient
Communications and Media	5.3	7.8	5.1	<< Extensive education and/or training may be required
Therapy and Counseling	3.8	6.6	6.1	0 Current knowledge level may be sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Skills

Similarity of Focus Occupation to Associated Occupation: 84

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Athletes and Sports Competitors (27-2021)

Associated Occupation's Key Skills Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation
Coordination	9.1	11.1	9.6	< A higher skill level may be required
Social Perceptiveness	9.1	9.5	10.7	> Skill level is likely sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Abilities

Similarity of Focus Occupation to Associated Occupation: 81

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Athletes and Sports Competitors (27-2021)

Associated Occupation's Key Abilities Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation	
Stamina	4.0	12.6	13.8	0	Current ability level may be sufficient
Static Strength	5.0	11.5	10.8	0	Current ability level may be sufficient
Gross Body Coordination	3.9	10.3	13.2	>>	Current ability level is likely more than sufficient
Dynamic Strength	3.5	10.1	12.2	>	Current ability level is likely sufficient
Explosive Strength	1.4	10.0	5.0	<<	Extensive improvement in abilities may be required
Gross Body Equilibrium	3.2	8.8	8.2	0	Current ability level may be sufficient
Speed of Limb Movement	3.2	8.1	7.2	<	Some improvement in abilities may be required
Dynamic Flexibility	1.2	3.4	7.5	>>	Current ability level is likely more than sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Activities that Both Occupations Have in Common

Similarity of Focus Occupation to Associated Occupation: 96

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)
Associated Occupation: Athletes and Sports Competitors (27-2021)

Work Activities	Exclusivity of Activity
Establish and maintain relationships with team members	89
Follow sport rules or techniques	92
Make presentations	13
Use public speaking techniques	13
Work as a team member	36

Not all positions in these occupations will necessarily perform all of the listed activities. The exclusivity rating is an indication of how unique the activity is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations engage in that activity.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Tools and Technologies that Both Occupations Have in Common

Similarity of Focus Occupation to Associated Occupation: n/a

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)
Associated Occupation: Athletes and Sports Competitors (27-2021)

Tools and Technologies	Exclusivity
Tools and technology data is unavailable for one or both occupations.	

Not all positions in these occupations will necessarily use all of the listed tools and technologies. The exclusivity rating is an indication of how unique the tool or technology is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations use that tool or technology.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.